

## **Time Table – Lower Limb injuries**

### **Dag 1**

08.30 – 09.00 Registration

09.00 – 09.15 Introduction

09.15 – 10.00 Lecture – Anatomy, Architecture & Gait

10.00 – 10.45 Practical – Palpation & Orientation

10.45 – 11.00 Morning Break

11.00 – 12.00 Lecture – Risk factors for injury, Pathologies & Classification

12.00 – 12.30 Practical – Risk Factor Assessment

12.30 – 13.30 Lunch

13.30 – 14.30 Practical – Muscle Pathology Assessment & DDx

14.30 – 15.30 Lecture – Biomechanics, Kicking, COD & High Speed Function

15.30 – 15.45 Afternoon Break

15.45 – 17.00 Practical – High Level Functional Assessment

### **Dag 2**

08.30 – 09.00 Registration

09.00 – 09.45 Lecture – Early Management 0-48hrs

09.45 – 10.45 Practical – Treatment options -Off-loading vs. MT & STT

10.45 – 11.00 Morning Break

11.00 – 11.45 Practical – Early loading strategies

11.45 – 12.30 Lecture – Loading Strategies – Evidence vs. Clinical

12.30 – 13.30 Lunch

13.30 – 14.30 Practical-Loading for adaptation-force/power/metabolism

14.30 – 15.15 Lecture – Why load for speed? What does it look like?

15.15 – 15.30 Afternoon Break

15.30 – 16.15 Practical – Speed based loading – Velocity, BW, Plyometric

16.15 – 17.00 Practical – Speed loading, RTR / RTP / COD / Agility